

By The Book - 4th Step Inventory

...a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade.

(Searching)

(Fearless)

(Moral)

RESENTMENTS - Page 64 & 65

In dealing with resentments, we set them on paper.

Column 1

I'm Resentful At:

We listed people, institutions
Or principles with whom we
were angry.

Column 2

The Cause

We asked ourselves why we were angry. In most cases it was
found that our self-esteem, our pocketbooks, our ambitions, our
personal relationships, (including sex) were hurt or threatened.
So we were sore. We were "burned up."

Column 3

Affects My:

On our grudge list we set opposite
each name our injuries. Was it our
self-esteem, our security, our
ambitions, our personal, or sex
relations which had been interfered
with?

List ONE person,
institution or principle
on each sheet.